



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01110, Milk shakes, thick chocolate

Report Date: July 05, 2017 04:20 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 28.4g	1 container (10.6 oz) 300g
Proximates						
Water	g	72.20	7	0.950	20.50	216.60
Energy	kcal	119	--	--	34	357
Energy	kJ	496	--	--	141	1488
Protein	g	3.05	7	0.261	0.87	9.15
Total lipid (fat)	g	2.70	1	--	0.77	8.10
Ash	g	0.90	7	0.071	0.26	2.70
Carbohydrate, by difference	g	21.15	--	--	6.01	63.45
Fiber, total dietary	g	0.3	--	--	0.1	0.9
Sugars, total	g	20.85	--	--	5.92	62.55
Minerals						
Calcium, Ca	mg	132	1	--	37	396
Iron, Fe	mg	0.31	1	--	0.09	0.93
Magnesium, Mg	mg	16	1	--	5	48
Phosphorus, P	mg	126	1	--	36	378
Potassium, K	mg	224	1	--	64	672
Sodium, Na	mg	111	1	--	32	333
Zinc, Zn	mg	0.48	1	--	0.14	1.44
Copper, Cu	mg	0.065	--	--	0.018	0.195
Manganese, Mn	mg	0.039	--	--	0.011	0.117
Selenium, Se	µg	1.9	--	--	0.5	5.7
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	6	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 28.4g	1 container (10.6 oz) 300g
Thiamin	mg	0.047	7	0.005	0.013	0.141
Riboflavin	mg	0.222	7	0.005	0.063	0.666
Niacin	mg	0.124	7	0.009	0.035	0.372
Pantothenic acid	mg	0.363	6	0.014	0.103	1.089
Vitamin B-6	mg	0.025	7	0.005	0.007	0.075
Folate, total	µg	5	7	0.761	1	15
Folic acid	µg	0	--	--	0	0
Folate, food	µg	5	7	0.761	1	15
Folate, DFE	µg	5	--	--	1	15
Choline, total	mg	17.0	--	--	4.8	51.0
Vitamin B-12	µg	0.32	7	0.051	0.09	0.96
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	18	--	--	5	54
Retinol	µg	18	--	--	5	54
Carotene, beta	µg	4	--	--	1	12
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	67	--	--	19	201
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.05	--	--	0.01	0.15
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	1.0	--	--	0.3	3.0
Vitamin D3 (cholecalciferol)	µg	1.0	--	--	0.3	3.0
Vitamin D	IU	41	--	--	12	123
Vitamin K (phylloquinone)	µg	0.2	--	--	0.1	0.6
Lipids						
Fatty acids, total saturated	g	1.681	--	--	0.477	5.043
4:0	g	0.088	--	--	0.025	0.264
6:0	g	0.052	--	--	0.015	0.156
8:0	g	0.030	--	--	0.009	0.090
10:0	g	0.068	--	--	0.019	0.204
12:0	g	0.076	--	--	0.022	0.228

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 28.4g	1 container (10.6 oz) 300g
14:0	g	0.272	--	--	0.077	0.816
16:0	g	0.710	--	--	0.202	2.130
18:0	g	0.327	--	--	0.093	0.981
Fatty acids, total monounsaturated	g	0.780	--	--	0.222	2.340
16:1 undifferentiated	g	0.060	--	--	0.017	0.180
18:1 undifferentiated	g	0.679	--	--	0.193	2.037
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.100	--	--	0.028	0.300
18:2 undifferentiated	g	0.061	--	--	0.017	0.183
18:3 undifferentiated	g	0.039	--	--	0.011	0.117
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	11	--	--	3	33
Amino Acids						
Tryptophan	g	0.043	--	--	0.012	0.129
Threonine	g	0.138	--	--	0.039	0.414
Isoleucine	g	0.185	--	--	0.053	0.555
Leucine	g	0.299	--	--	0.085	0.897
Lysine	g	0.242	--	--	0.069	0.726
Methionine	g	0.076	--	--	0.022	0.228
Cystine	g	0.028	--	--	0.008	0.084
Phenylalanine	g	0.147	--	--	0.042	0.441
Tyrosine	g	0.147	--	--	0.042	0.441
Valine	g	0.204	--	--	0.058	0.612
Arginine	g	0.110	--	--	0.031	0.330
Histidine	g	0.083	--	--	0.024	0.249
Alanine	g	0.105	--	--	0.030	0.315
Aspartic acid	g	0.231	--	--	0.066	0.693
Glutamic acid	g	0.639	--	--	0.181	1.917

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 28.4g	1 container (10.6 oz) 300g
Glycine	g	0.065	--	--	0.018	0.195
Proline	g	0.295	--	--	0.084	0.885
Serine	g	0.166	--	--	0.047	0.498
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	2	--	--	1	6
Theobromine	mg	23	--	--	7	69